**FRAGMENTS OF CHRISTIAN SPIRITUALITY**

**(How to be good disciples of Jesus today)**

***Catanzaro 10 December 2018***

**THE EUCHARIST MUST BE RESPECTED**

**Respect for the Eucharist is before receiving it, while it is received, after having received it. Before receiving it one respects it by putting himself in the grace of God, but also understanding and knowing who he is going to receive.**

**You don't go to get a piece of bread. We go to receive our God, Lord and Creator. We are going to receive the Holy Spirit, the Creator of our communion. We go to receive the Word of life, the grace and the truth.**

**We are going to receive the whole mystery of the Blessed Trinity, the mystery of the Church, the mystery of humanity to be redeemed and saved. The mystery is all hidden in the body of Christ and in his blood that we receive from the Altar.**

**We are going to receive grace, truth, light, justice, peace, love, piety, mercy, charity and compassion to become us grace, truth, light, justice, peace, love, pity, mercy and charity.**

**There is no respect for the Eucharist if its mystery that becomes our mystery is ignored. But the Eucharist is respected as it is celebrated. From the moment one enters the Church every source of distraction must be abolished.**

**It is a good thing in church to turn off any distracting tools. It is disrespectful towards the sanctity of the sacrament to be distracted and to distract, go out and enter the Church because one must answer the cell phone.**

**But it is also disrespectful to be in the church playing with a cell phone, sending messages and receiving them, or looking at other images. Distracted reception of the Eucharist is of no use. It does not produce any fruit of eternal life.**

**The Eucharist is celebrated without distractions, having fixed our thought on Christ Jesus who sacrifices himself for us. Silence, concentration and prayer are the essence of preparation. Dealing with business is disrespectful.**

**If we respect it before, we will also respect it later. It is unbecoming that immediately after having received it, one returns to life as before, a life made up of murmurs, gossip, foolish words and sinful diatribes.**

**If our heart has become the body of Christ, temple of the Blessed Trinity and of the Church, from the temple only a word of light, love, forgiveness, compassion and mercy must come out. The holiness of Christ obliges.**

**The before the celebration, the during the celebration, the after the celebration reveal whether one has respect for the Eucharist or does not even know what it is for us. The Eucharist lived badly, makes life be lived badly.**

**From our life that flows in a monotonous mediocrity we deduce that the Eucharist is not received in respect of its truth. Then, if we worsen in vice and sin, it is a sign that we receive it sacrilegiously.**

**THE TRUTH WILL MAKE US FREE**

**Freedom for a ship is to sail the seas. Put the ship on land and it stops being a ship. The same law applies to a train. Take it off the track and it's no longer a train. Even the plane is a plane if it flies in the skies.**

**Man was made by God for a supernatural and eternal purpose. He must eternally be from his God, that is the truth of origin. If man detaches himself from his truth of origin, he is no longer the man wanted by God.**

**How does man remain in his truth of origin? Knowing his truth of origin and end which is in the Word. We know the Word, we obey it, we remain faithful to it and we become free. We are men.**

**It is not the knowledge of the truth that makes us true men, but the obedience to the Word of truth, which for us is the Word of Christ Jesus. We know the Gospel, we live the Gospel, obedience to the Gospel and we become free.**

**In the garden of Eden, Adam is free, a true man. Then he comes out of the Word of God, listens to the word of the serpent, obeys it and he enters the slavery of sin and death. In sin there is no freedom.**

**There is no freedom in vice. There is no freedom in evil. Instead, today, freedom is doing what you want and when you want. Today, it is freedom to violate every commandment, to immerse oneself in every vice and to give oneself to every transgression.**

**This is not freedom, but true slavery. It is not freedom, because it leads to death also physical and not only spiritual. The end of this freedom is eternal death. True freedom is living the truth of the personal nature.**

**IS THE DAY LIVED ALWAYS PRAYING?**

**Prayer is an invocation of forgiveness. It is a praise and a blessing. It is thanksgiving. It is request of every grace. It can be public, private, packaged and spontaneous. It is an offering of the personal life to God.**

**We pray if the soul is raised in Christ Jesus, in the Holy Spirit, and by Him, in the Spirit, to the Father, supported by the intercession of the Mother of God, manifesting our will, our desire and our life.**

**Public prayer - not to be confused with prayer made together with others - is what is done in the name of the Church according to the purposes of the Church. It is the prayer of the sacraments and of the Liturgy of the Hours.**

**Nobody can intervene on public prayer to make changes or anything else. Every other prayer is private. Even the Holy Rosary is private prayer and in fact there are many forms according to which it is recited.**

**Public prayer obliges us to always respect the norms given by the Church. In private prayer if it is done personally, everyone can choose time, moment, place, mode, form and duration.**

**Instead, if it is made communally, we must always account for time, moment, place, methods, forms and duration. Another is praying together of little ones, children, teenagers and young people.**

**One thing is praying together of only adult people. Still another is praying together with very small, young and mature people. Every moment must be evaluated, so that prayer does not tire and takes away the joy of praying.**

**In the parish responsible for prayer, both public and private, is the parish priest. All obedience must be given to him, because he is the shepherd who must take care of the sheep that enter the house of the Lord.**

**However, to pray well some rules must be respected. We pray with the grace of God and forgiveness in the heart. We pray with innocent hands. We pray as reconciled people with each other. We pray with Christ, in Him and for Him.**

**It is always necessary to remember that a single Hail Mary said with the desire to grow in love for the Mother of God and with the will to always be peacemakers, is worth more than a thousand said with war in the heart.**

**It is worth remembering that the Lord never looks at the quantity of our invocations. He sees the end for which we pray and the heart that elevates them. Saying prayers and praying are not the same thing. They are not identifiable.**

**Praying is offering life to the Father, in Christ, through the Holy Spirit, so that he may transform it into a sacrifice and holocaust of salvation for the whole world. Praying is giving oneself entirely to Christ as instruments of his mission.**

**DOES SUFFERING COME FROM GOD?**

**Suffering was born in the world with the first sin of our first parents. The first suffering is the spiritual one. The man called to be for others has become because of sin, without and against others.**

**The woman was for the man and the man for the woman. After the sin the woman is without and against the man, the man is without and against the woman. The brother is without and against his brother. Spiritual suffering is the great disorder.**

**The spiritual suffering is also the man no longer with himself and for himself, but without and against himself. This spiritual suffering produces every, even physical, material, social and familiar suffering.**

**The more one sins, the more suffering increases. Every vice is a source of great suffering because it causes many diseases. For a vice, many families today are also in financial trouble. Vice kills man.**

**Everyone must pay attention not to be a creator of suffering. Suffering is generated by every transgression of the Word of the Lord. The works of the flesh are all bearers of suffering.**

**Instead, the fruits of the Spirit give life, all life. We are obliged not to create suffering for others. But also the obligation to live the suffering created by others with great patience and offer it to God for salvation.**

**Every suffering that is offered to the Lord in our holiness always produces salvation and redemption. We have all been healed, cured by the wounds of Christ Jesus and the suffering offered to the Father for us.**

**WHEN GOD IS CONTENT WITH US?**

**God takes pleasure in a heart when it obeys his Word. The true bond between God and every heart takes place in the Word. We obey the Word? God is pleased. In disobedience there is no complacency.**

**God is pleased of one thing: giving Him all glory. What is the glory that must be given to Him? Being confessed as the only Lord of your life? How can this happen? With obedience to the Word.**

**The Word of God is not the imagined, thought, believed and established by our heart. The Word of God is the written word, that one given to piety, to paper, to parchment, to papyrus, to iron and to bronze.**

**When we detach ourselves from the written Word, we fall from all obedience. Furthermore, the written Word must always be taught in purity of truth by the Holy Spirit. Word and Holy Spirit are one.**

**The Holy Spirit wrote the Word through hagiographers. The Holy Spirit leads to the whole truth through his ways, which are necessarily ecclesial and holiness ways. The Spirit is of Christ and his Body.**

**Today everyone has made himself, becomes a master of himself. One of the gravest sins is having destroyed the ecclesial way of knowing the Word along with the hierarchical way. Everything is from the individual. Nothing from the community.**

**DO YOU ALWAYS SPEAK ABOUT JESUS TO YOUR GRANDCHILDREN?**

**Before we speak of God to our grandchildren or children, God must be shown as the Lord of our lives. We talk to children with life. Speaking with life one can speak with the word. First life and then the word.**

**One must always speak with life, without any interruption. With the word at the right time, but always with great wisdom and love. Even correction must be done with great love and high justice.**

**One thing that must never be done is correction by our will or by our heart. Correction must always be made from the heart of Christ Jesus and from the truth of the Holy Spirit, according to modalities dictated by the Holy Spirit.**

**WHOM MUST THE GOOD BE DONE TO?**

**The good must be done to every man: friend, enemy, saint, sinner, persecutor, good, bad, faithful, non-faithful, atheist, impious, near and far. No man must be excluded from our love.**

**The Christian is called to want the good of eternal salvation for all. He must give the Gospel, the Word, the Truth and Christ Jesus to everyone. He must give his perfect exemplarity in faith, in charity and in hope to all.**

**CHRISTIAN JOURNEY**

**The Christian journey is made in the Word of Jesus. The Word is heard. The Word is lived. The Word is announced. The Word is confessed as the only Law for our life. The Word is professed as the only one of eternal life.**

**If we separate ourselves from the Word, there is no Christian journey. Many are the paths of man, but only one is Christian: what is done in the Word, proceeding with full obedience according to full truth to it.**

**SHORT FINAL CONSIDERATIONS**

**The ancient ascetic taught that eternal salvation is the fruit of prayer. Who prays is saved. Who does not pray is damned. However, it is important to distinguish between saying prayers, reciting forms and prayer. Prayer begins with taking our soul, our spirit, ours, bringing them before the throne of the divine Majesty and asking him to wash them from every impurity of vice and sin, surround them with his holiness, coat them with his truth and update them in his will. Without this presentation to the Lord, there is no prayer.**

**Having completed this first operation, prayer must be transformed into a hymn of blessing and praise to our God for the gift of salvation, which is a gift of grace and the Holy Spirit, a gift of light and eternal life. But man is a person on the way to eternal bliss. To his God, through Christ, in the Holy Spirit, he must ask for every help of truth and grace, so that the journey can be brought to completion. It is useless to start, if what was started is not accomplished. Everything is by the grace of the Lord.**

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**Prayer must have only one purpose: that the whole will of God, written for us in the heavens, by the Holy Spirit, be fulfilled in us, but through Christ, with Christ and in Christ, according to the particular mission that has been given to us. May the Virgin Mary, Mother of the Redemption help us make our every prayer come true. She who has made of her life a canticle of love for her God and Lord, may she help us so that this happen also in us and for us. May the Angels and Saints help us in this perennial giving of glory to our God.**